

# *Hiking the Inca Trail to Machu Picchu*





# Inca Trail - *Camino Inka*

- Covered 25, 000-30, 000 km (15,500 to 18,600 miles) -- much of it paved
- Covered parts of present day Peru, Ecuador, Boliva, Argentina and Chile
- Used to communicate with far reaches of Inca state
- Transported goods and people, including the Inca armies
- Ranks as one of the greatest engineering achievements of pre-industrial man



# South America





# Inca Trail to Machu Picchu

- Starts at km82 on rail line from Cusco
- 45 kms (27 miles)
- 4 days, 3 nights
- Access strictly controlled
- Max. per day of 200 hikers + 300 guides/porters









# Day 1

- 12 km (7.5 miles)
- Initial elevation at river 6500'
- Follow the Urabama River before turning into the Cusichaca Valley
- Camp in small village of Huayllabamba ("Grassy Plain") – elevation 9800'



















# Day 2

- 11 Km (6.8 miles)
- Steep hike through 3 vegetation and climatic zones
- Warmiwanusqa Pass (Dead Woman's Pass) – 13,776' (4201m) – highest point on Inca Trail
- Descend to Pacamayo at 11,800' for night's camp





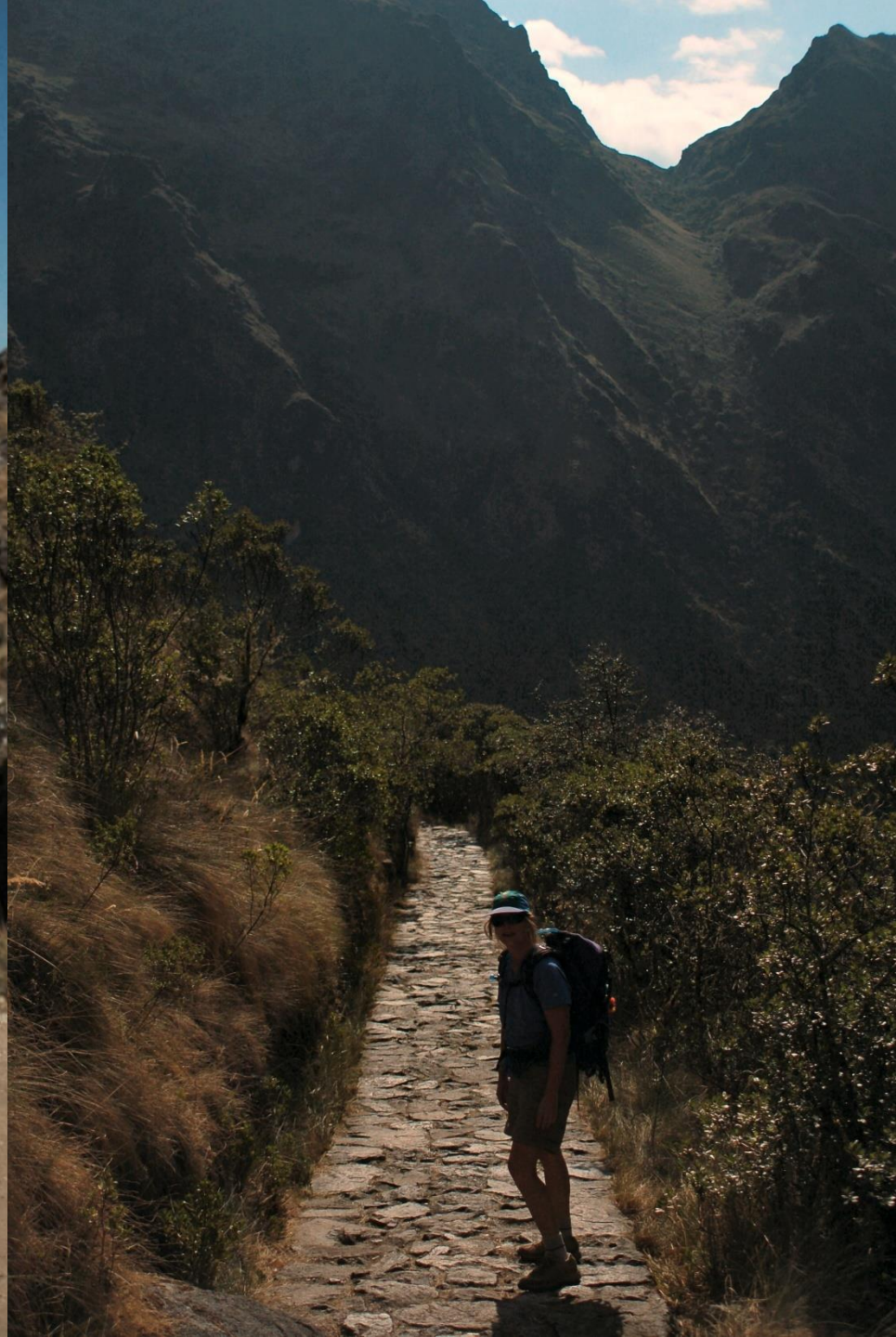














# Typical Day on the Trail

- Arise with the sun
- Bowl of hot water to freshen up
- Hot breakfast
- Morning hike
- Hot Lunch
- Afternoon hike
- Arrive at camp
- Tea time
- Hot dinner
- Cards/reading
- Lights out



















# Day 3

- 12 Km (7.5 miles)
- Climb to Runkuraqay Pass – 12,900' (3780m)
- Descend to Sayacmarca ruins via long flight of stairs – 11,800
- Ascend to third (and last) pass - 13, 125'
- “Cloud Forest” terrain
- Camp at Phuyupatamarca (“Town at the edge of the Clouds”) – 11,906' (3620m)























# Day 4

- 10 Km (6.2 miles)
- Steep descent via stone staircase - over 1300 steps!
- Visit Winaywayna ruins (Forever Young)
- Approach Machu Picchu via Intipunku (Sun Gate) – original entrance at 9,400'
- Descend to Machu Picchu (“Old Mountain”) at 7,874'



































